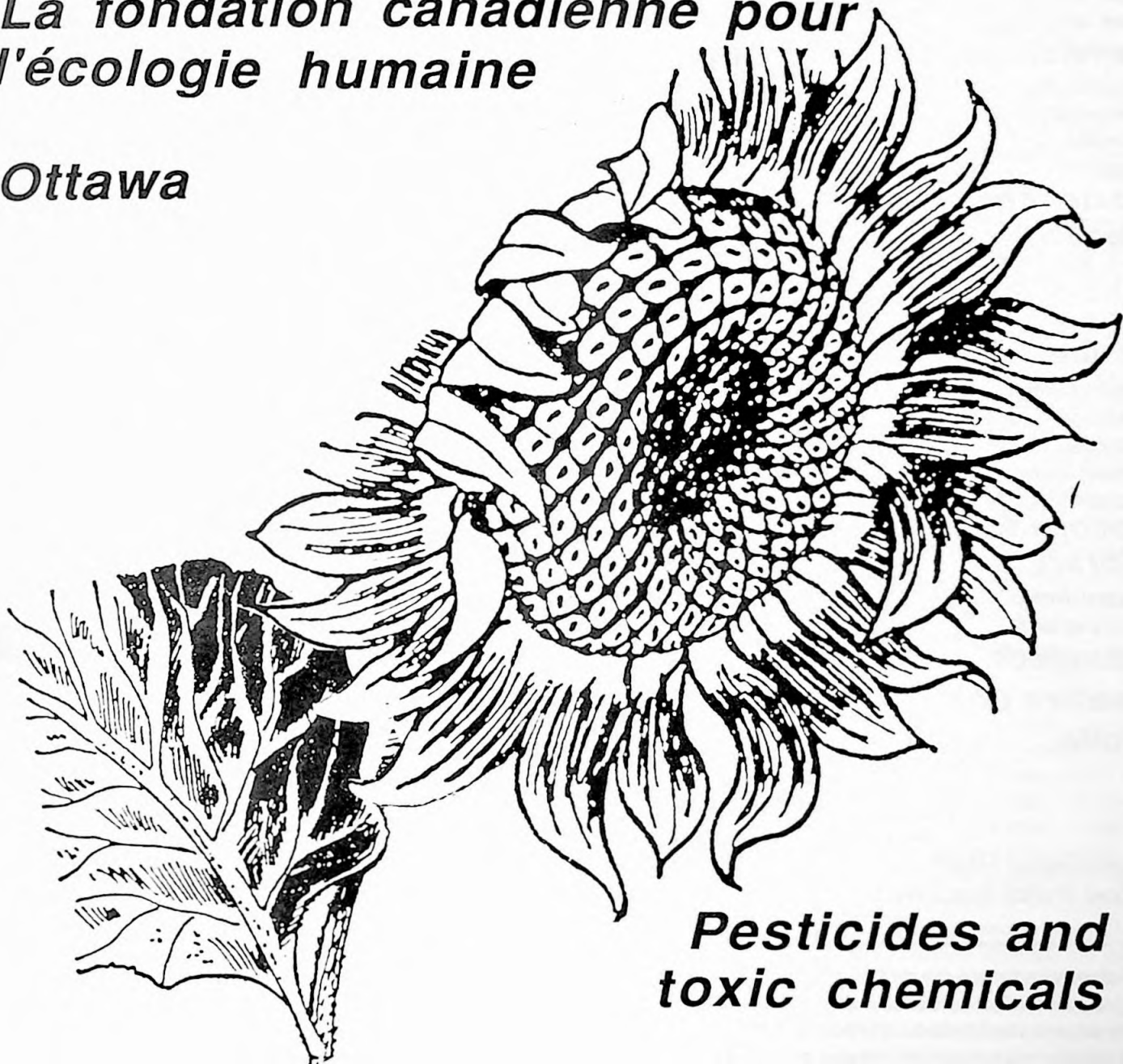


Ec -Sense

The Human Ecology Foundation of Canada
La fondation canadienne pour
l'écologie humaine

Ottawa



Pesticides and
toxic chemicals

Summer 1987

JF

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Note: Advertisements do not in any way imply that the Human Ecology Foundation endorses any particular products or services mentioned herein. Readers with multiple sensitivities are advised to assess products carefully for personal compatibility, since individual sensitivities may vary widely.

President's message

Our special focus in this issue is pesticides. Each of us is affected by toxic chemicals in foods, in the water, and in the air. It is a plague that threatens our present health and that of future generations.

The 3rd Annual Symposium on the Effects of the Environment on Man and the Second Annual Conference of the Human Ecology Foundation in April brought these issues out clearly.

While we understand and recognize the problems, the majority of the population is unaware. The burden is on us, therefore, to make the public aware of these concerns. We have to build a ground swell of support from as many people as possible.

This is a difficult task, but it must be done. The Human Ecology Foundation can play a major role in working to effect changes.

At the HEF meeting in April, a resolution was passed to raise funds that will enable the Foundation to hire a professional fundraiser. A donation of \$10 from each member will make it possible to raise sufficient money by the end of the year. Please respond.

Finally, please follow up on the Thomson report by writing to the Hon. David Peterson (see enclosed letter).

Our thanks

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Lawn Spraying

The War Against Weeds

In the warmer months when each one of us spends more time outdoors, indoor pollution becomes less of a problem. Windows can be opened to let in fresh air into the house. Or we can stay outside and bask in the sun. Enjoy the greenery, watch the birds, or work in the garden.

Suddenly, a horrid smell assails you. You feel weak, nauseated, and you run inside, closing the windows to keep that chemical smell out of your house. What could the smell be from?

You look out of your window and you see one of those trucks with green tanks going around the neighbourhood. A man in short sleeves, without gloves or mask, is holding a hose and spraying a neighbour's lawn. You notice the trees swaying, certainly no calm winds. In a short time, the truck drives away to another lawn.

The operation is typical of contract work done by chemical lawn care companies. The householder engages their services and they make four or five applications over the season. The chemicals they apply include pesticides. Not just one herbicide (weedkiller) is applied - a mixture is used to control different kinds of weeds. Last year, Chemlawn, the biggest chemical lawn care company in Ottawa, used mecoprop, dicamba, 2,4-D and another herbicide called Garlon. An insecticide called Dursban, which is an organophosphate, is used to kill grubs.

The advertisements to entice the homeowner to have a professional care for your lawn are glossy. The pesticides are made to appear as safe

as toothpaste. When I called the company to express my concerns, I was asked these questions: Do I buy fruits and vegetables from the stores? Do I take aspirin? Do I use deodorant? What the questions imply is that using their chemicals is no greater risk than your normal activities. This year, there is even a contest to make you enter the bandwagon.

The companies claim they are using environmentally safe methods. The chemicals are licensed and registered for use. Supposedly, you can walk on your treated lawn in half an hour after application.

Until this spring, users of the weedkiller 2,4-D were steadfastly claiming that 2,4-D is safe. No problem with it, they insisted. The bad news (for the chemical proponents) came in the fall when a National Cancer Institute study on Kansas farmers showed a six-fold increase in non-Hodgkin's lymphoma for those who are exposed to the chemical for 20 days or more. Those who mix and spread it have an eightfold increase in the risk (Journal of the American Medical Association 256, 9, p. 1141, 1986). Animal studies had indicated that the herbicide is carcinogenic.

In spite of this definitive study on humans, Health and Welfare and Agriculture Canada have not banned or restricted the uses of 2,4-D. As of April at the Medical Symposium, the Ontario Ministry of the Environment was evaluating 2,4-D.

To diffuse fears on the public's mind, ChemLawn pulled out 2,4-D from their mixtures and has now substituted

another chemical called MCPA. This compound is related to 2,4-D as it belongs to the same phenoxyacetic acid family. Almost nothing is known of MCPA's chronic toxicity, and it may take 20 years or more before we know how it affects humans.

As for the other components in the herbicide mixtures, mecoprop, dicamba and Garlon are lacking in long-term health studies. The insecticide Dursban blocks the cholinesterase enzyme and acts as a nerve gas, like malathion.

The chemical users claim that these chemicals are used in diluted solutions. But, as the Hon. James Bradley stated in his keynote speech at the conference, "dilution is no solution to pollution." No pesticide is safe, even if used in dilute concentrations. In order for the herbicides to work, a minimum amount has to be applied (usually 1 lb. or more per acre). The amounts applied on lawns are not calibrated; they depend on the operator. Weeds are saturated usually to the point of runoff.

The problem of lawn spraying is a growing problem in North America today. Some postal workers are refusing to walk across treated lawns. Various counties in the U.S. are passing ordinances on the right to know - the right to be notified when spraying is to be done and what is going to be applied. Five states in the U.S. have now passed posting requirements. Rhode Island and Massachusetts have passed regulations requiring the posting and notification of lawn chemical applications while Maryland, Minnesota and Iowa have passed legislation requiring such posting. □

Chemlawn... chemical

by V. Salares

In June of last year, I was shocked to look out of our window to see a ChemLawn truck go by. What was ChemLawn doing in our neighbourhood? It was just 2 years since we built our house in a small rural subdivision, thirty kilometers west of Kanata.

ChemLawn came to give estimates to two of our neighbours. We made our concerns known: the potential contamination of the groundwater (each house is served by private wells) and the health effects on their families and neighbours. We requested to be informed if any spraying would take place since our children are hypersensitive. One neighbour whose well sits in the middle of the lawn in question felt he needed to have ChemLawn spray his weeds.

I was informed of the scheduled spraying an hour and a half before ChemLawn was to come. My husband had left for work, and I had my two younger children with me. Rachel has been on home schooling because of hypersensitivity. She feels best at home than anywhere else. The only thing I could do would have been to turn off the ventilation system for the house, close the windows and stay inside.

We checked the wind conditions with the weather office. Winds were 18 km/hour. Guidelines are that pesticide applications should not be done at wind conditions over 8 km/hr. We contacted the Ministry of the Environment at Kingston. Fifteen minutes before ChemLawn was due to arrive, a stop order was issued to ChemLawn and to our neighbour.

We followed up with letters from our children's physicians substantiating the children's allergies and chemical sensitivities.

We asked the medical officer of health for a letter of support.

But all through the summer, the Kingston office repeatedly told us the Ministry of Environment could not

sustain the stop order.

In subsequent months, we distributed information material to members of the community on the health effects of pesticides.

A literature survey was conducted to find out what was known about contamination of well waters by pesticides.

Early this spring, we obtained prior notification requests from the Kingston office. On Saturday, May 23, the manager of ChemLawn phoned to inform us they would come the following Tuesday to treat the same neighbour's lawn. He emphatically stated that there are no regulations concerning wind conditions that ChemLawn has to follow. We immediately wrote a letter to the Hon. J. Bradley, Ontario Minister of the Environment. At the Clinical Ecology Conference in April, he had expressed that the environmentally

hypersensitive have to be taken into consideration in decision-making processes. We outlined our concerns: potential contamination of our drinking water supply, the risks to our hypersensitive family, and the lack of regulations on wind conditions for pesticide applications. The letter was sent by courier. Late Monday afternoon, the day before ChemLawn was to come, I was told that a telex was being prepared to put a stop order to Chemlawn. A few days later, I found out that it was not a stop order but the situation was put on hold.

ChemLawn is waiting to come. Our neighbour is waiting for ChemLawn. Mr. Bradley's office has requested his regional staff to assess the situation and take whatever action is available to them at the present time.

The major difficulty in a situation like this is that people refuse to believe

What YOU can do about

1. Avoid using toxic chemicals. If a family member is still using them around your home, encourage her or him to seek and use safe alternations.

Consult HEF executive for information (we will find the answer if we do not know) or the Canadian Organic Growers (Ottawa Pres - Anne Macey, 259-2967).

There are good publications you can give as gifts:

Harrowsmith (Camden House Publishing Ltd., Camden East, Ont. K0K 1J0)

Rodale's Organic Gardening (33 East Minor Street, Enmaus, PA, USA 18049)

COGNITION and COG Ottawa Newsletter (\$10 membership to Kathy LaMarche, R.R.2, Carleton Place, Ont. K7C 3P2, 257-1982).

2. Look for and support

companies or individuals who use good management practices without toxic chemicals.

For lawn care in Ottawa, Bill Bitz of GARDEN Landscapes Ltd (722-8121) is recommended.

Another company, Corush, Larocque, Sunderland and Partners Ltd. (723-1611) is a group of Landscape Architects, Urban and Recreation Planners and Interior Designers researching and working in a "naturalization" approach which includes regenerative landscapes and alternative ground covers.

3. Support organic growers by eating organically grown food.

The organic movement has to flourish and we must help. A movement in the U.S. called Americans for Safe Food has started.

4. Avoid sprayed parks, lawns and golf courses and be on the

al culprit

that pesticides can affect health. And if they cannot see the risks for themselves, how can they see the risks for others. It is sad and unfortunate that the adverse effects will be acknowledged only after they are personally affected. The groundwater contamination is also another issue that requires foresight and intelligence to comprehend. In North America, wells are being rendered useless from contamination. Most of these cases need not have happened.

At this writing the issue is not resolved yet. We wrote Mr. Bradley that no amount of private, individual effort can compare with policies by regulatory agencies. Mr. Bradley has acknowledged that it will take time to determine all the necessary requirements so that hypersensitive people can live in their community without fear of disability. He says he

will continue to work for changes in this area.

More of us have to be heard. Please write Mr. Bradley expressing your concerns on spraying, the involuntary exposure of the population to pesticides discharged into the environment or related issues. Please let him know how you are affected and what changes need to be made.

The address: **The Hon. James Bradley, Minister, Ontario Ministry of the Environment, 15th Floor, 135 St. Clair Ave. W. Toronto, Ontario M4V 1P5 Tel. (416) 323-4364** ☐

chemical sprays

lookout for possible sources of exposure.

5. Obtain "**Pesticide Application Prior Notification Request**" forms from an Ontario Ministry of the Environment office. Address for the Southeastern Region is: 133 Dalton Ave., Kingston, Ont., K7K 6C2, (613) 549-4000 Attn. Mr. Dan Raddon.

6. If you observe any spraying done by a chemical company at unsuitable weather conditions (high or gusting winds), note the address where spraying took place, the time and the name of the company. Verify wind conditions from the weather office. Submit complaint to above office in writing. You may phone in complaint but documented cases in writing are needed.

7. Write letters to influential

people. The only way to effect change is by raising our voices. The following are people to write:

Hon. David Peterson, Premier of Ontario

Hon. Murray Elston, Ont. Minister of Health

Hon. James Bradley, Ont. Minister of the Environment, Queen's Park, Toronto, Ont. M4V 1P5

Hon. Tom McMillan, Environment Minister, Hull, Quebec

Hon. Jake Epp, Health Minister, Health and Welfare, Ottawa

Your local MP.

8. In case you are suffering symptoms due to a spray drift, contact your physician immediately. In Ottawa, request Dr. Gilka or Dr. Molot to have your blood tested for the suspected pesticide within 24 hours of exposure. Delay may not show any pesticide level. ☐

Pesticides

Complete health hazard assessments for pesticides and inert ingredients of pesticide formulations is possible for only 10% of registered pesticides.

DDT is an unrecognized source of polychlorinated biphenyls, PCB's. Several products generated when DDT vapor is irradiated with light at 290 and 310 nm were polychlorinated biphenyls (*Science* 180, 578-579).

Ten poisoning victims of organophosphate insecticides described an "intermediate syndrome" characterized by muscle weakness after the cholinergic phase and before the development of delayed neurotoxic effects (*N. Eng. J. Med.* 316,761-3, 1987).

In a psychiatric hospital, it was pointed out that increases in abnormal behaviour occurred following pesticide applications to control cockroaches. The hospital has switched to improved maintenance and the use of boric acid. (*Pesticides and You*, March, 1986).

Organophosphate insecticides like malathion or Dursban bind irreversibly to the active site of an essential enzyme for nerve impulse transmission, acetylcholine esterase, inactivating the enzyme. Symptoms can include nausea, stomach cramps, headache, vision disturbances, muscle twitching, convulsions and, in extreme cases, respiratory arrest. A common diagnostic for poisoning is to assay for blood acetylcholine esterase depression. It can take up to a month for a new enzyme to be resynthesized. (*Pesticides and You*, June 1986) ☐



From chemical to organic

by Bill Blitz

I operate a landscape maintenance business in Ottawa. For the past 12 years, I've been one of the "bad guys", maintaining lawns with a combination of soluble chemically treated fertilizers, insecticides, herbicides, and fungicides. I've always loved my job, I do it well, and if I looked after your lawn, it was one of the best on the block.

About 5 years ago, I started wondering about some of our accepted management practices involving pesticides. I started reading ecological agriculture journals and organic gardening books, and I joined COG (Canadian Organic Growers).

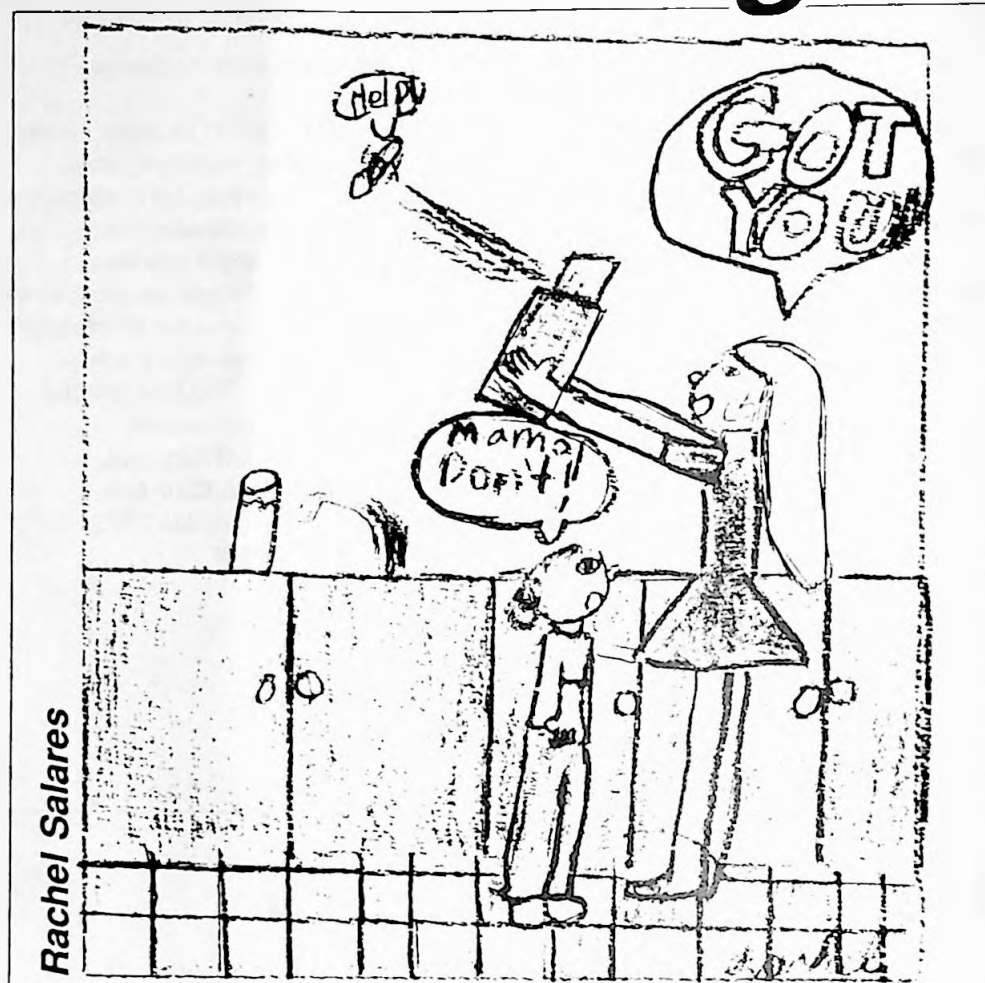
I became more and more concerned about long term ecological and health risks associated with pesticide use. I began to understand more about the importance of microbial life in the soil, and as a result started to question the use of chemically treated fertilizers. As the 2,4-D controversy heated up, I saw the need for an alternative approach to turf maintenance.

The result of all this is that we have gradually shifted to organic management practices. It takes a bit more work (not much), but for the typical suburban size lawn, there is a relatively easy way to have an organic, weed-free lawn and I will be giving you some general rules to follow. You will still have enough problems to keep you humble, but you will at least be able to deal with them knowing that you are treating the environment and the living soil with due respect.

GENERAL GUIDELINES

Many turf management techniques are used in both the "organic" and the "chemical" approach. Everyone should be doing the following for their lawns:

- raking thoroughly in the spring
- aerating, preferably in the fall
- mowing at 2.5-3" blade height;



this will seem high but it's better for the grass and will help prevent new weeds from getting established by shading seedlings

- watering deeply once or twice a week
- soil testing; if you have recurring problems, your soil pH may be too high or low, or you may have nutritional deficiency
- over-seeding; after top-dressing with the appropriate grass species (a good garden centre can help with species selection).

COMPOSTING

The primary aim of the organic approach to turf management is to maintain and support the natural biological processes in the soil.

The management practice used to achieve this end, is the addition of

organic material to the soil to produce humus.

So how do we add organic material? The best method is top-dressing with compost. Obviously, the best source of compost is your own compost pile, and if you already have one, you're all set. If making compost is impractical for you, composted sheep or cow manure is available at most garden centres.

***I saw the need
for an altern-
ative approach
to turf manage-
ment.***

lawn management

Use the compost at a rate of 100 lbs. to 1000 sq.ft. This is quite light and it will take one or two tries to get the hand of spreading it evenly at the proper rate. The best way to spread the compost is to put a quantity that you can carry easily in a large bowl or bucket and walk back and forth on the lawn, spreading it as if you're feeding chickens. After you're done, give the lawn a light raking to work the compost down to the soil. A good watering after this will help, too.

FERTILIZER

Part two of our program is a granular application of an organic fertilizer. The three major nutrients we are supplying are nitrogen (N), phosphorus (P), and potassium or potash (K). There are many organic sources of these nutrients, but most are somewhat difficult to come by in small quantities and are hard to apply. For a nitrogen source, bloodmeal or leather tannage is used. For

phosphorus, bone-meal is good and super-phosphate (acid-treated bone-meal) is acceptable. For potassium, Sul-Po-Mag is acceptable and readily available, or green-sand can be used, if you can find it.

FOLIAR SPRAY

The last piece of the puzzle is an application of a seaweed-based foliar spray. Such sprays are available at most garden centres. To apply it, you will need a hose-end sprayer, also readily available and economical. This is a jar of about 1 pint to 1 quart capacity with a self regulating spray nozzle. The application rate for this spray is about one ounce to 1000 sq.ft., which may seem much too low. Don't be tempted to double or triple the rate - more isn't better in the world of fertilizers. The purpose of this operation is to supply trace elements, and once again to stimulate soil life.

TIMING

We are still experimenting with the timing of each of these operations and will no doubt be adjusting as time goes on. Right now, I recommend the foliar spray in early to mid-May, the top-dressing anytime from early June to early August, and the granular fertilizer in later August or early September.

With this regimen, you should wind up with a reasonably healthy lawn, and weeds and insects will not be a big problem. What you are doing is practising nutritional weed, insect, and disease control. Regular digging of dandelions with a long, sharp knife or similar tool will give good control. Assuming you are starting with a manageable weed problem, your healthy turf will crowd out germinating weeds.

Reprinted with permission from **COGNITION**, The newsletter of the Canadian Organic Growers, Vol. 11, no. 2, April 1987. □

Lawn Alternatives

Environmentally sound alternatives to the pristine lawn do exist. The first alternative is to change lawn management practices so that less water, energy and chemicals are used. The approach is based on research that states that most lawns are overwatered, over-fertilized and mowed too frequently, which results in a lawn susceptible to insect and disease infestation.

The second alternative is to reduce lawn size, and devote more space to groundcovers, garden beds, and foodproducing plants.

The third alternative is to reconstruct native ecosystems such as prairies, meadows and woodlands which contain plant species which are well adapted to our land and resources.

Because of the environmental damage caused by our current lawn management practices, more and more people and institutions are considering ecologically sound approaches to management of our urban green spaces. Naturalized plantings provide a magnificent display of colour, texture and form while providing a vital educational resource for children and a home for urban wildlife. Because these

plantings are well adjusted to our soil, precipitation and climate, they require a minimum amount of outside assistance for their establishment and maintenance.

Groundcovers mask the soil surface, reducing the soil erosion and soil evaporation while providing an aesthetically pleasing, low maintenance lawn alternative. Herbal lawns with their unusual colours, textures and fragrances provide the pedestrian with a truly sensational tactile experience. Slow growing and low matting, these groundcovers can tolerate a moderate amount of pedestrian traffic, and are also easy to care for. Examples of herbal lawns are thyme, non-flowering chamomile, Cunningham mint and antennaria (pussytoes). Consider these alternatives to the pristine green lawn. Besides helping to create a unique, aesthetically pleasing landscape, they allow us all an opportunity to participate in finding environmentally sound alternatives to our current landscape practices.

Excerpted from **Ecology Park Fact Sheet**, Ecology Park, 12 Madison Ave., Toronto, Ont. M5R 2S1, 967-0577. Ecology Park is a project of the Pollution Probe Foundation. □

More about pesticides

NEUROTOXICITY OF PESTICIDES

In the summer 1986 issue of the Journal of Pesticide Reform is an excellent article, "Neurotoxicity of Pesticides," by Bambi Batts Young, Ph.D. She and her staff at the Center for Science in the Public Interest have been researching environmental substances that are neurotoxins for the past six years. She points out that "a very large proportion of all the pesticides used today are neurotoxic, and many are designed expressly to disrupt nerve function." She gives examples of many kinds of pesticides. In particular, carbamates and organophosphates are two very widely used classes of pesticides. "Both types of pesticide block cholinesterase," an enzyme that controls the neurotransmitter, acetylcholine. The resulting excessive stimulation causes very widespread symptoms. Dr. Young gives examples and references and tabulates the problems.

★ ★

In another article in the same issue of the journal, Donald E. Sprague, M.D., and Melody J. Milam, Ph.D., write on "Chemical Sensitivity and Pesticides." They cite a study that shows statistically significant improvements in human brain function when blood levels of pesticides are reduced by as little as a tenth of a part per billion. (Nutrition for Optimal Health Association, Vol XII, no.2, Spring, 1987)

★ ★

NON-ORGANIC BANANAS

Did you know that commercial bananas can be sprayed up to 12 times? And who says that insecticides are needed to grow bananas?

A plantation owner in Panama stopped spraying altogether in 1973 after bad experiences and ecological upsets by applying insecticides. Since then, all of the banana insect pests have nearly disappeared.

IMPORTED FOODS

The U.S. Food and Drug Administration samples less than 1% of about 1 million imported food shipments. The methods test for only 203 of the roughly 400 pesticides registered for food use. The ability to monitor foods for illegal levels of pesticide residues is limited by a lack of knowledge of actual pesticide use in foreign food production.

★ ★

TESTING PESTICIDE RESIDUES IN FOOD STORES

A California based firm, Ohlone, Inc., is now set up to test for pesticide residues in foods using a triple stage mass spectrometer to measure pesticides, heavy metals, industrial chemicals and nutrient content. The products will then be labelled according to their level of cleanliness.



KELP MEAL

Kelp meal is an excellent source of potassium (symbolized by the letter K in the NPK formulations). 20 kg bags can be purchased from Manfred Kettler, 1-269-3269. Smaller quantities from Food For Fitness, 746-8516.

★ ★

ORGANIC NITROGEN SOURCE

A good organic source of nitrogen for lawns or plants is bloodmeal (N-P-K is 12-0-0). Suggested application for lawns is 1 lb. N/1000 sq. ft., or 8 lbs. of bloodmeal/1000 sq. ft. Repeat application in the fall. Available at garden centers.

WAXES IN FRESH PRODUCE

When consumers pick up shiny, waxed produce little do they know what might be in all that gloss. Potentially dangerous fungicides may be added to the waxes, to kill fungus in case of damage. Industry maintains the waxes enhance cosmetic appeal and reduce water loss and resultant shrivelling. Products ranging from the relatively non-toxic beeswax and paraffin to a more toxic vinyl chloride polymer, classed among known human carcinogens by the International Agency for Research on Cancer, can be used on fruits and vegetables from citrus to apples and tomatoes. Several fungicides can be added to the waxes including benomyl, thiabendazole (TBZ), ortho-phenylphenol (OPP), sodium ortho-phenylphenate (SOPP), imazalil and dicloran. From Pesticides and You, June 1987.

ALLOTMENT GARDENS

Prospective gardeners in the east end of Ottawa should take note that one of the rules of the Gloucester Allotment Garden Association is that no spraying of plants is permitted. The only dusts that may be used on plants are rotenone, derris and diatomaceous earth. Insecticides, such as granular diazinon, may be placed in the soil for the prevention of root maggots. No other insecticides and no herbicides or fungicides whatsoever may be used.

ANT CONTROL

Ants in your yard or garden? Forget about the chlordane or other bugkillers. Boil water in a large pot and pour over the affected area. Grass will brown but will revive quickly.

NON-TOXIC BUG SPRAY

To control aphids, mealybugs, whiteflies and spidermites, try Safer's insecticidal soap, from garden centers. □

Upcoming Events

Thursday, September 17
7:30 pm

Introduction to Environmental
Hypersensitivity - Psychology of the
illness, diet, control of home
environment, stress management.

Sunday, September 20
1:00 pm

Fall Edible Wild Food Outing with
Martha Webber.
Meet at McNabb Comm. Center.
Please phone 839-5667 to confirm.

Saturday, September 26
1:30 pm

Workshop on Candida with Lynda
Brooks 1:30 PM Limited to the
first 25 HEF members, 5\$,
839-5667.

Friday, October 2
6:30 pm

Potluck Dinner.
Bring a wholesome dish, organic
ingredients if possible, good for 6.
Call 828-2547.

Thursday, October 15
7:30 pm

Dr. L. Gilka, "Vitamins, Minerals and
Amino Acids"

Saturday, October 24
1:30 pm

Food Workshop with Janet Lee
Alternative grains, different recipes
for special diets, 5\$. Reserve space
(828-2547)

Thursday, November 19
7:30 pm

Exercise Enthusiasm in Rebuilding
Health with Moira Geller

Saturday, November 28
and Sunday, November 29
10 am - 5 pm

Country Fleamarket*, Lansdowne
Park. Bring your donations to the
drop-off points (see below) or to
Lansdowne Park on Friday the 27th
from 6-8PM.

* Drop-off points for Fleamarket

East End

* Vince Guenette, 6395 Lumberman
Way, Orleans, 824-6744

West End

* Janet Lee, 1273 Rideout Crescent,
Ottawa, 828-2547

* Carolyn McCoy, 951 Dresden
Crescent, Ottawa, 596-1498

Kanata

* Lynda Brooks, 97 Village Green,
Kanata, 831-2865

* Marjorie Seward, 13 Millman Court,
Kanata, 592-482

Amaranth - grain-free cooking

"The discovery of a new dish does more for the happiness of (humankind) than the discovery of a star."

- Anthelme Brillatsavarin

Amaranth is NOT a grain in the biological classification of foods.

This means it is possible to make grain-free quick breads, cookies, cakes and pie crusts.

Amaranth was a basic staple in the Aztec civilization in Mexico. It was banished by the invading Cortez and it nearly disappeared. A few years ago it was recognized by a scientific expedition in Central America and is now grown in the U.S.A.

Amaranth is high in protein, lysine,

calcium and fibre. It contains no gluten. The flavour is described as nutty or grainy. The colour ranges from off-white to black, but what we buy here is usually the colour of light honey.

Amaranth flour can be used in two ways:

1) For high protein bake goods: - use it for 25% of the flour, with 75% wheat or other grain flour, in your own recipes. By using it in this proportion, you achieve a complementary, complete protein of high quality.

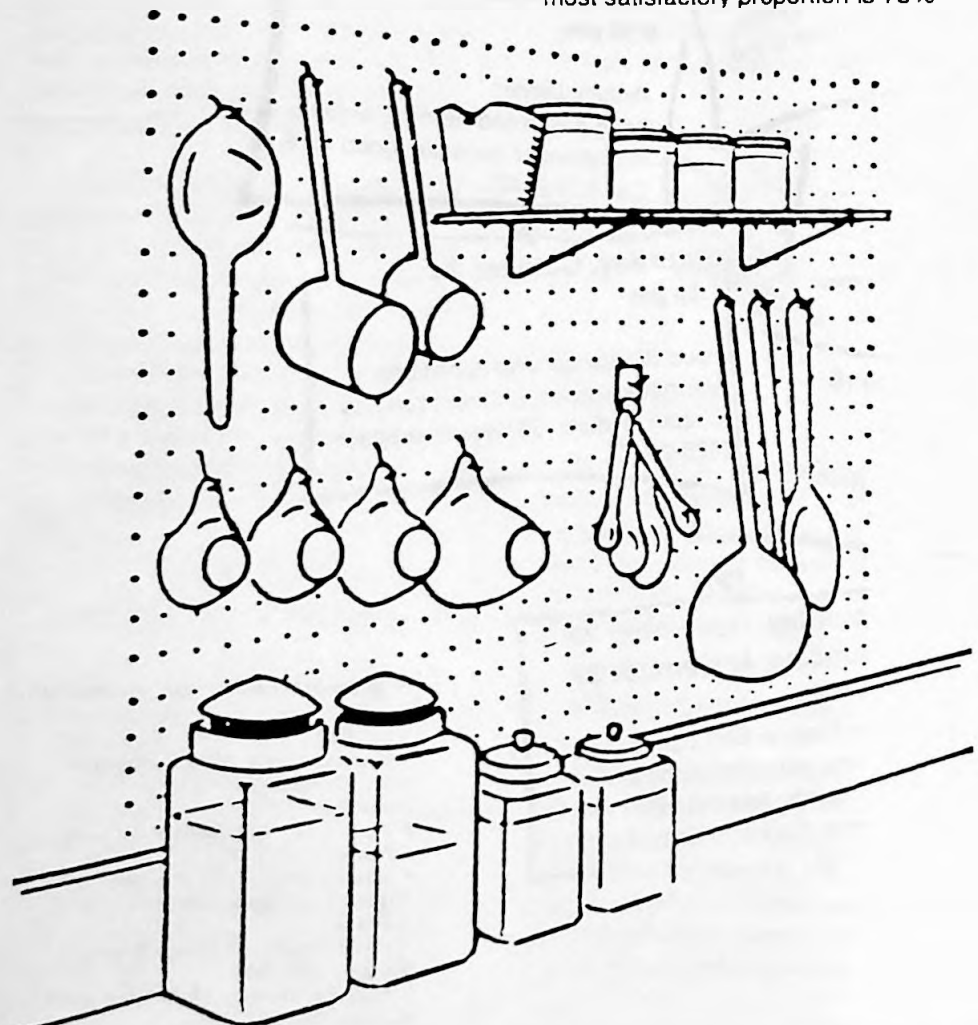
2) For GRAIN-FREE baked goods: - generally this flour needs to be combined with some other non-grain to provide the necessary starch. The most satisfactory proportion is 75%

amaranth with 25% arrowroot or tapioca flour or other starch (soya, buckwheat, potato starch flours) or ground nuts or seeds.

Amaranth seeds may be cooked as a cereal (the flour is quite strong when used alone). Or it may be substituted for 25% of the grain in making hot cereals. This combination results in a high quality, complete protein food.

The tender green leaves may be eaten like spinach or chard. The white strains can be popped and used as a cold cereal.

This information is provided by Marge Jones, R.N. Her book The Allergy Self-help Cookbook is clearly written, practical and authoritative. ☐



Toxic chemicals found in food

Dr. Katherine Davies in Toronto analyzed foods from the Great Lakes Basin for the presence of persistent toxic chemicals.

Fish from the Great Lakes contained detectable residues of DDT and its metabolites, PCB's, dieldrin, chlordane and toxaphene. Concentrations of many persistent toxic chemicals in fish in Lake Ontario have decreased since the mid 1970's. The dioxin, 2,3,7,8-tetra-chloro-di-benzo-dioxin, was found in Lake Ontario fish.

Dairy products were found to contain measurable levels (0.02 to 1 ppb) of DDT, lindane, heptachlor epoxide, dieldrin, PCB's and pentachlorophenol. In Ontario cow's milk, the PCB concentration averaged 0.5 ppb.

Organochlorine pesticides have been detected in fat from beef, pork, chicken and eggs. Concentrations of DDT,

MARY, MARY

Mary, Mary, quite contrary,
How does your garden grow?
"With pesticides and herbicides
And chemicals, don't you know".

Mary, Mary, quite contrary,
How do the vegetables taste?
"Deliciously, no bugs you see,
They've all been quite erased".

Mary, Mary, quite contrary,
I believe you're turning green.
"I fear you're right, but what a sight!
The most perfect fruits I've seen!"

Mary, Mary, quite contrary,
I believe you're going to die.
"Perhaps I may but still I say
To organic gardeners, Hi!"

by Wendy Osborne.

icals ds

PCB's, dieldrin, chlordane and lindane generally decreased over the last decade.

Composites of fresh foods grown in Southern Ontario showed a wide variety of organochlorine residues. Most of these pesticides have been used on agricultural land and crops, and they are all environmentally persistent. The detected concentrations are similar to those found in twenty seven market basket samples collected in the U.S. In addition to the organochlorine pesticides, detectable amounts of polychlorinated dibenzodioxins (PCDD) and polychlorinated dibenzofurans (PCDF) were found in all the food composites with higher concentrations of PCDD and PCDF's in fruits and vegetables than in meat and eggs. Organochlorine pesticide exposure comes mostly from the meat and eggs and lower from the fruits. □



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organic fresh vegetables and fruits:
medicinal and cooking herbs: vitamins:
macrobiotic supplies: books & magazines:
cosmetics: juices, cheeses and breads :

Recipes

Chicken Spread

1 cup roasted or boiled organic chicken, bones removed
1 small onion
1 apple, peeled and cored
Orsa mineral salt, pepper
Astro natural yogurt or mayonnaise

Chop apple coarsely in food processor. Set aside. Chop onion, set aside. Chop chicken meat coarsely, do not grind to a paste. Transfer to a bowl. Season with salt and pepper. Blend in apple and onions. Add just enough yogurt to spreading consistency. Chopped celery can be added too, if desired.

Original recipes by V. Salares

MUFFINS - corn, wheat, yeast, milk and egg-free

3/4 cup hot water
1/4 cup oil
1/4 cup honey
1 tsp vanilla

1 3/4 cup amaranth flour
1/4 cup nuts (finely ground)
1/4 cup arrowroot flour
1/4 tsp salt
2 tsp baking soda
1/2 tsp vitamin C crystals
1 tsp cinnamon
1/2 cup coarsely chopped nuts or raisins (or both)
In mixing bowl combine water, honey and oil. Set aside for honey to melt. Sift flour and arrowroot separately before measuring. Combine dry ingredients, including both nuts, and mix well. Add vanilla to liquids. Add to dry mixture all at once and stir only until it disappears; do not overbeat. Fill oiled muffin cups full. Bake in preheated 375 F oven for 22 to 25 minutes. Centre of muffin should feel firm. Makes 9 or 10 muffins.

Optional: One slightly beaten egg may be added to liquids for a little more rise and slightly improved texture.

Note: You may use 2 tbsp lemon juice in place of Vitamin C crystals - be sure to reduce the water by that amount.

Submitted by Janet Lee. □

Bottled water

by Virginia Salares

A comparison of the chemical analysis of the different bottled waters in the Ottawa area has been made. Data for the heavy metal contents are generally incomplete. The total dissolved solids (TDS) is a useful parameter. Lower levels of TDS as well as of sodium, nitrate, fluoride and heavy metals (if available) are preferable.

Boischatel has been found to have the lowest TDS, fluoride and other inorganic constituents. Verseau closely follows. The ultimate test is your own ability to tolerate the different kinds.

Spring water should be stored in glass jugs. Soft plastics, especially, would leach out benzene.

For a discussion of the different methods of water purification (city or well water), please refer to the tape (April 3, 1987) on the subject. □

	Silver S	Labrador	Maqua	Verseau	Bolschatel
Calcium	50	18	18	28	9.8 ppm
Magnesium	12		7.9	9.7	
Sodium	50	70	59	12	4
Potassium		6	2.9	2.7	
Sulfate	42	21	30	21	
Bicarbonate		257	186	120	
Chloride	44	42	20	12	
Fluoride		0.44	0.82	0.62	0.23
Nitrate	<0.02		0.18		0.0
TDS	480	300	245	164	58



DRINK PURE WATER!

If you are concerned about the quality of your drinking water, then join the growing number of health-conscious families who use a home distiller to guarantee a continuous supply of pure fresh water . . . water which is virtually free of harmful chemicals, bacteria and other natural and man-made pollutants.

Home distillers are easy to operate, require little maintenance, use normal household current and are the most economical way to obtain pure water.



For more information contact

Water Purity Systems
537 Brant Street
Burlington, Ont. L7R 2G6
(416) 639-0503

Shopping Notes

Cellophane bags for freezing can be purchased from Boudreault Packaging Ltd., (49 Adrien Robert, Hull, Quebec, 777-1603) or from G. T. French Paper Ltd. (P.O. Box 372, 107 McNabb St. North, Hamilton, Ontario, L8X 3C8, 416-527-1650).

Unsprayed raspberries at Charlie's Berries in Carleton Place. The farm is on the north side of Hwy. 7 between 1 to 2 km east of the traffic light at Carleton Place. The raspberries are not treated with any sprays, but their strawberries get sprayed are not recommended. Pick your own during the season.

Lactobacillus: SISU PLUS has three strains of friendly bacteria: L. acidophilus, L. bifidus and S. faecium, in contrast to most other brands which have only one kind. Generally cheaper to get the powder than the capsules - fill your own gelatin capsules as needed.

Good priced Jamieson supplements are available at Loblaws, Shopper's City West, corner Woodroffe and Baseline (thanks to Janet Lee). □

Centre de DISTILLATION Centre

P.O. Box 6280, Stn. J
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Water distillers for home and cottage
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DEAR HEF MEMBERS:

We're Active! We're Alive! We care!

BUT WE NEED YOUR HELP!!!!

Much of our work depends upon dedicated, hardworking volunteers. And although limited funds from membership fees are available, there are areas which require financial support over and above these fees. Our participation in the Thomson Committee Report and the Zimmerman Review, for example, as well as our involvement with the government all require money for needed education and research.

As a result of the Thomson Report and Zimmerman Review, ecological illness is now officially recognized. A call has gone out for research in Ontario. We must continue to seek government recognition and support at all levels. Stepping up on our public educational campaign and encouraging research is of prime importance in the understanding and treatment of environmental hypersensitivity.

That's where you come in.

Seed money is required to launch a professional campaign to raise substantial funds. In order to gain the credibility that we deserve and to provide a service that is more effective, efficient and wide ranging, WE NEED YOUR FINANCIAL SUPPORT NOW!!

Please contribute generously. We're here for you, please be here for us. The organization is only as good as the people who support it. I know we can count on you. Please enclose your donation in the stamped envelope and return it at your earliest convenience. Thank you.

.....\$200.00\$100.00\$50.00\$25.00
.....\$10.00other

(any contribution over \$10.00 is tax deductible)

Library Notes

by Joanne van Draanen

I have recently taken over the HEF (Ottawa) library and I hope I can do half as good a job as my predecessor, Janet Lee. Due to my sensitivity to something at McNabb and also to a seven month-old baby, also allergic, my husband Steven and I take shifts in attending HEF meetings to set up the HEF mini-library.

NEW ACQUISITIONS

The City Peoples' Book on Raising Food by Helga and William Oikowski

House of Commons Report on Food Irradiation - A Report of the Standing Committee on Consumer and Corporate Affairs on the Question of Food Irradiation and Labeling

Ongoing Studies on Candidiasis - A Bibliography

Lady of Gray: Healing Candida by Elizabeth Rose

It's All In Your Head by Hal and Sharon Huggins. Re: Mercury Amalgams

Hilary McCarthy has kindly donated 16 books to the library - topics from gardening to herbs, cookbooks, vitamins and minerals. Very much appreciated.

HELP WANTED

Several tasks need to be done and volunteers are needed. All can be done whenever it is convenient at your own home:

- * cataloguing new acquisitions
- * cataloguing new information from HEF Quarterly
- * contributing to the Book Review column of Eco-Sense from our own collection

- * filing articles
- * act as back-up to set up the mini library at HEF monthly meetings.

OVERDUE BOOKS

Out of our collection of 120 books, 20 are out on loan to members and are overdue. Please return overdue books

to the library promptly so that others can use them.

I would like to encourage all members to use our library. Come and browse; phone me before you come at 238-5471, or call for information.

I would like to hear from you. ☐

Tapes available from li

by Pat Gorgas (224-0801)

Individual tapes or a complete package of tapes from the medical symposium or the clinical ecology conference on April 3 and 4 in Ottawa can be purchased from our tape library.

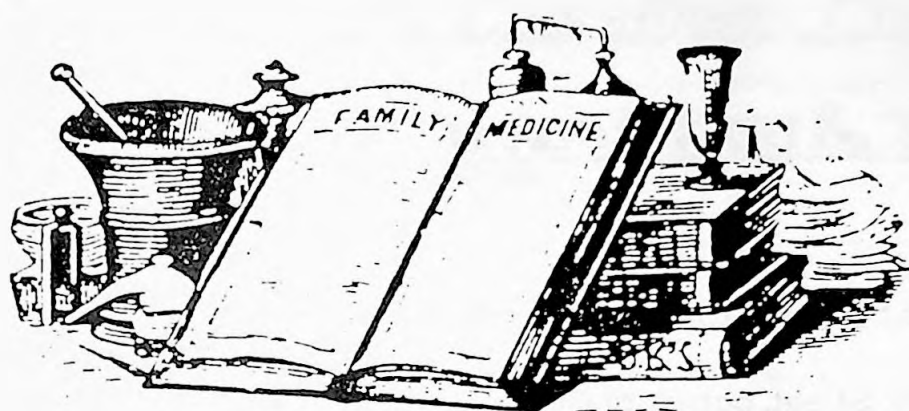
MISSING TAPE - JOHN NELMS, ECOLOGICAL HOUSE BUILDING

This tape was taken out of the library in February by a person residing in Quebec. We would appreciate it if this person would please return the tape to H.E.F.

Anyone who has tapes out that I am not aware of, or if you have some good tapes that would be suitable for us to make copies of to contribute to the growth of our tape library, please let me know.

The following is a list of tapes that are available through the TAPE LIBRARY:

Mar. 27/86	Lynda Brooks	Detoxification	2 tapes
Apr. 24/86	Lynda Brooks	Rotation Diet	2 tapes
Mar. 19/87	Lynda Brooks	Kelley Program	1 tape
Oct. 24/85		Forum on Getting Better	1 tape
Jan. 15/87		Forum on Getting Better	1 tape
Jan. 25/84	John Nelms,	Ecological House Building	1 tape
May 17/86	Dr. Irvine Korman on	Candida	2 tapes
	Gail Neilson,	Candida	1 tape
Nov. 21/86	Dr. William Crook,	author of "The Yeast Connection"	2 tapes
Nov. 20/86	Dr. Wm. Crook on	Speaking Out	1 tape
	Sally Rockwell,	How to Conquer Candida	1 tape
	Devaki Berkson, D.C.,	Diet, Nutrition of the Candida Patient	2 tapes
May 17/86	Dr. Greg Blaney,	Ecological Illness	2 tapes
Dec./81	Dr. J. MacLennan,	Ecological Medicine	1 tape
Apr. 2/85	Dr. John Molot and Dr. Lynn Marshall		1 tape
Jan./86	Dr. John Molot,	Ecological Conference	2 tapes
Feb. 18/87	Dr. John Molot	Ecological Conference Update	2 tapes
Apr./81	Nora Muise,	Rotation Diet	1 tape
May 23/81	Dr. Stuart Hill, Soll,	Food & Water	2 tapes



brary

	Dr. Orion Truss, The Missing Diagnosis	3 tapes
	Speaking Out Environmental Allergies	2 tapes
	T. Stone Allergies	1 tape
Apr. 16/87	S. Rockwell, How to Overcome Allergies	1 tape
	Dr. B. Bailey, When I Say I'm Allergic,	
	Am I Saying Forever?	2 tapes
	R. Rudin, Omega Disease	1 tape
Mar. 29/84	Barbara Reed, Criminal Behaviour	1 tape
	Kent McLeod	1 tape
	Rapps, Donaghue, Bayles	1 tape
	Mrs. Seidal (Interview)	1 tape
1982	Dr. Stephen Levine, Treatment of Foods	
	and Chemical Sensitivities	1 tape
	Dr. S. Levine, Chemical	
	Hypersensitivities	1 tape
	Dr. S. Levine, Mechanisms of Chemical	
	Sensitivities	1 tape
	Dr. S. Levine, A General Course in	
	Biochemistry	1 tape
	Dr. S. Levine, Health Matters: A	
	Radio Interview	1 tape
CBC	Part 1 Cancer and Food, New Ideas	
	on Sickness	1 tape
	Part 2 Crohn's Disease & Health	
	& Candida	1 tape
	Part 3 Candida	1 tape
	Part 4 Latrogenic Disease &	
	Ecological Illness	1 tape
Mar. 14/85	Dr. Bedard, Chiropractic and Allergies	1 tape
Oct. 16/86	Dr. Paul Greenacre, TMJ Disorder	2 tapes
1984	Wellness: What Is It?	1 tape
	Elimination Booster, Self Hypnotic	
	and Subliminal Side	1 tape
May/84	Simonton Relaxation, Mental Imagery	1 tape
Feb. 17/83	Alison Black Nutritionist	2 tapes
May 21/87	Everything You Wanted to Know and Forgot to	
	Ask-Information Night	2 tapes
June 6/87	Dr. Josef Krop, Methods for Reducing	
	Toxins from the Body	2 tapes



Environmental Health Cttee Set up

On June 4, 1987, members of the community who had been active on environmental issues were invited to a meeting with the Environmental Health Committee. The committee has just been set up to address environmental health concerns. The first meeting, chaired by Dr. Ian Gemmill, Associate Medical Officer, was held to gather input and decide on what actions to take.

The establishment of this committee is a major step taken by the regional health unit. Six years ago, we had brought the 2,4-D issue to Dr. S. Corber, Ottawa-Carleton Medical Officer, and he responded by issuing guidelines. This committee is created to serve as a health advocacy group. The committee will take stronger stands not only on issues of known risks but also of suspected risks.

Chemical lawn spraying was a major issue that was raised. Last year, the Regional Health Unit tailed two of the companies for a number of days. They observed pesticide applications under adverse wind conditions and found that the operators employed by a company get their license from the employer. They are not required to take training courses.

A need for a library or data base as well as public education programs was emphasized. The other areas of concern that were raised are the region's waste plan, incineration, indoor air quality, head lice and use of Kwellada (containing the pesticide LINDANE), pest extermination in buildings, toxic chemicals in hospitals, pesticides stored near fresh produce in supermarkets and in enclosed malls, etc.

If you have any concerns on these issues, you could help by writing to Dr. Ian Gemmill, Associate Medical Officer and Chairman, Environmental Health Committee Ottawa-Carleton Regional Health Unit, 495 Richmond Road, Ottawa, Ontario K2A 4A4



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Summer Specials

Sisu Capricin		\$24.95
Nutricology Buffered Vitamin C powder	200 g	\$13.99
Quest Super Once-a-day	90's	\$15.49
Quest Gamma Oil	180's	\$34.99
Quest Kyolic Yeast-free caps #100		\$ 9.99
DAVINCI All Zyme	90's	\$17.99
Wampole Vitamin C, 120's	500mg	\$ 2.99

If we don't have an item you require we will order it for you. We accept Mastercard, VISA, and personal cheques.

Classifieds Classifieds Classifieds

WE WANT LETTERS.....

...and articles, stories, poems, cartoons, recipes, hot tips, anything you want to share with other members.

This is your organization and your newsletter. Use it as a vehicle for participation, a place to be heard or to share a laugh or cry.

The newsletter is published four times yearly. Please ensure that all contributions are either legibly written or typed. And please remember to include your name and telephone number.

Contributions may be dropped off to any executive member.

★ ★

Interested in setting up a group in the East End to order organic foods from Alpha Basics? 824-6744.

Will the HEF member who anonymously sent in an article for publication in the last issue of Eco-Sense identify herself? 729-2659.

★ ★

For sale, A.N.R. Multiple 40 Plus Vitamin-Mineral Supplement Powder, free from Yeast, Milk, Wheat, Corn and other popular allergens, 3 cans, 8-oz. each, cost \$35 each, will sell for \$25 each. Reason for selling is that I am intolerant to product. Contact Cheryl Osborne 731-4695.

★ ★

Quilted jackets and vests using materials of your choice can be ordered from Lynn Johnston, 836-6644.

★ ★

New Addition

We are happy to welcome Penny Corbin to the Executive. Penny is now responsible for NEW MEMBERSHIPS & RENEWALS and is giving Marianne Kasprovicz a hand in this role. Penny can be reached at 225-1462.

Any painting, caulking, etc. are best done in the summer months when rooms can be aired out. Allow sufficient time for gassing off before cold weather sets in.

★ ★

FOR RENT

HEF's new Tibbits Room Purifier, \$10/week, charcoal or purafil filter, 839-5667.

Wheetena Wheat Grass Juicer, electric, stainless steel, \$15/month, 839-5667.

★ ★

TRANSPORTATION

Several of our members are missing out on HEF meetings and other planned activities due to lack of transportation. If you are in need of a lift or you if you can provide someone with one, please call Judy Benson, 729-2659.

★ ★

HEALTHSTYLES '87 at Centertown Community Health Centre, 100 Argyle, offers information and support. Tuesdays from August 25 to November 17 at 7 p.m., telephone 563-2118.

★ ★

FOOTNOTE UNDER UPCOMING EVENTS

Because of the size of our membership, the phone committee cannot handle phoning all members. Only those who have expressed a wish to be phoned on a regular basis and new members are included in the telephone list. Please consult the schedule of events in the newsletter. Also watch for announcements at Rainbow, Wheat Germ, Ottawa Chemists, Nutri-Chem, and Dr. Gllka and Dr. Molot's offices. If in doubt, phone one of the executive members. Out-of-town members should phone a member of the executive to verify meetings or events.



For sale - Automatic countertop sprouter (SPRUTON, Model A-X Sprouting Unit). Grow large quantities of high quality sprouts all year round. The machine automatically mists the sprouts every half hour and provides thorough drainage. Stainless steel tray, 20 x 20", 12" high, can produce three pounds of sprouts in three days. Hardly used. \$200. New sells for about \$400 U.S. Phone 839-5667.

★ ★

VOLUNTEERS WANTED

Air Cleaner Coordinator - We are in need of someone to coordinate renting out the Tibbits air cleaner. This would include keeping a record of its whereabouts, collecting the rental fee, maintaining the unit - replacing the filters, renewing the charcoal or purafil, etc. Someone in a fairly central location would be ideal. Please call V. Salares, 839-5667.

PHONING volunteers. Contact Janet Lee, 828-2547.

FLEAMARKET Coordinator - to be in charge of the fleamarket in November, recruit and schedule volunteers to take shifts in staffing the HEF booth, arrange transport of goods to site, dispose of unsold items. 839-5667 ☐



Candida albicans - l'épidémie cachée

par Natasha Trenev

Depuis la parution du livre du Dr. Crook The Yeast Connection et celui du Dr. Truss The Missing Diagnosis, l'opinion publique a été alertée par la gravité des infections dues à la levure sur sa santé. Beaucoup de gens souffrent encore de myriades de symptômes qui sont associés à la croissance excessive de la levure sans connaître la cause de leur problème.

Les symptômes liés au syndrome de la levure sont:

- * Des désordres du système nerveux central: maux de tête, vertiges, concentration difficile, dépression, anxiété prononcée, absence de sensation aux extrémités, grand fatigue et faiblesse.

- * Troubles respiratoires: asthme, rhinite.

- * Problèmes gastrointestinaux: constipation, douleurs abdominales, diarrhée, gonflement, indigestion chronique.

- * Troubles gynécologiques: symptômes pré-menstruels, irrégularités menstruelles, appétit sexuel diminué, vaginité chroniques.

- * Problèmes musculaires: faiblesse, douleurs et/ou enflures au niveau des muscles et des articulations.

- * Problèmes de peau: éruptions, prurits, infections fongueuses au niveau des ongles, urticaires chroniques.

Une femme dans l'Ohio s'est retrouvée dans le cabinet d'un psychiatre avec des symptômes de dépression si sévères que le docteur lui recommanda de suivre un traitement de choc. Heureusement, elle contacta un fabricant renommé de suppléments acidophiles de qualité supérieure et fut envoyée auprès d'un naturopathe très respecté de la région, spécialiste des infections de la levure *Candida albicans*. A l'aide de conseils appropriés dans la sélection d'un régime tenant compte des allergies et d'une excellente nutrition au travers d'un programme de suppléments, vitamines personnellement

étudié, elle était complètement guérie au bout d'un an et demi.

Une autre femme de Californie qui souffrait de constipation et de rétention d'eau pendant des années, a vu soudain ses règles devenir irrégulières et commença à prendre du poids. Elle remarqua aussi une diminution d'énergie et un manque d'appétit pour beaucoup d'aliments. Des plaques de peaux sèches commencèrent à apparaître sur ses mains et ses bras. Les docteurs chez qui elle avait l'habitude d'aller ne savaient pas par quel bout prendre la problème. Heureusement, elle rencontra un médecin qui connaissait le

Candida albicans et qui put enfin émettre un diagnostic sur son état. Il lui prescrivit du Nystatin (un fongicide) et un régime alimentaire extrêmement limité. Ce régime sembla marcher jusqu'à un certain point mais au delà de ce stade se trouva dans l'impossibilité de résoudre son problème. Finalement, elle rencontra les fabricants de Megadophilus et trouva ainsi le lien manquant. Après plusieurs mois de ce supplément, elle arriva à une guérison complète et retrouvait son énergie autrefois.

L'élimination des problèmes pré-menstruels était un bonus supplémentaire de ce régime. Le cas le

Avez-vous le syndrome de levure?

1. Avez-vous jamais pris des antibiotiques d'une façon régulière?

2. Avez-vous jamais souffert de tension prémenstruelle, de douleurs abdominales, de problèmes menstruels, vaginités, ou pertes d'appétit sexuel?

3. Est-ce que le fait d'être en contact avec tabac, parfums, pesticides, nettoyants domestiques et autres odeurs chimiques vous donne des symptômes modérés à forts? *

4. Avez-vous des envies de sucre, pain ou de boissons alcooliques?

5. Avez-vous des problèmes de digestion chroniques?

6. Vous sentez-vous fatigué, dépressif, avez-vous des pertes de mémoire, souffrez-vous de tensions nerveuses?

7. Etes-vous sujet à des urticaires, psoriasis ou autres éruptions chroniques de peau?

8. Avez-vous jamais pris des pilules

contraceptives?

9. Etes-vous sujet aux maux de tête, manque de coordination, douleurs musculaires ou articulaires?

10. Vous sentez-vous mal partout sans cause apparente?

Si vous totaliser 3 ou 4 réponses "oui", la levure joue peut-être un rôle dans le déclenchement de vos symptômes. Si vous totaliser 5 ou 6 réponses "oui", la levure joue probablement un rôle dans l'arrivée de vos symptômes. Si vous totaliser 7 ou plus réponses "oui", vos symptômes sont presque certainement liés à la levure. (Cependant beaucoup d'autres problèmes peuvent causer des symptômes semblables, aussi les docteurs vous conseillent de vous soumettre à une visite médicale approfondie et à des examens de laboratoire appropriés afin d'écartier toutes autres causes et de décider si résultat de la levure.)

ALIVE, Journal Canadien de Santé et de Nutrition



ée

plus sérieux que j'ai vu était celui d'une fillette de 12 ans qui était en train de mourir mystérieusement. Elle commença par perdre du poids, par manquer d'appétit et en bref perdit le goût de vivre. La mère affolée l'emmena dans un institut mondialement célèbre qui se trouva dans l'incapacité de déterminer le problème. A ce temps là le docteur estima qu'elle n'avait plus qu'environ 6 mois à vivre.

Par hasard, la mère découvrit un naturopathe qui déclara que la maladie était un cas de "Candidiasis" prononcé et fit remarquer à la mère qu'il était temps car, dans son état actuel, la fillette n'avait seulement que quelques mois à vivre. Le docteur la mettait alors à une régime sévère pour combattre ses nombreuses allergies alimentaires et lui prescrivait des capsules d'ail, qui devaient servir de fongicide. Il lui recommandait aussi de prendre 3 fois par jour de grandes doses d'un excellent supplément acidophile à grande efficacité. Le cas a eu une fin heureuse car comme je crois le comprendre la fillette va maintenant beaucoup mieux et a repris la classe régulièrement. ☐

Candida control

NUTRITIONAL SUPPLEMENTATION

Various types of nutritional supplementation have been recommended for candida albicans control. Some basic rationale in product selection must be made:

- a) The products must be yeast free and non-nutritional additive free.
- b) The supplementation program must be complete.

A basic program should include:

- 1) Vitamins A, D, C, E and the complete B Complex.
- 2) All trace (micro) minerals.
- 3) Calcium and Magnesium (the macro minerals).
- 4) Essential Fatty Acids.

In addition to the basic program, specific nutrients could be added for their specific "nutritional pharmacology". These might include:

- a) Selenium b) Vitamin B6 (Prydoxine) c) Zinc d) Digestive Enzymes e) Glandulars f) Other specific supplements as required.

Product adjustment to the specific requirements and allergy status of the

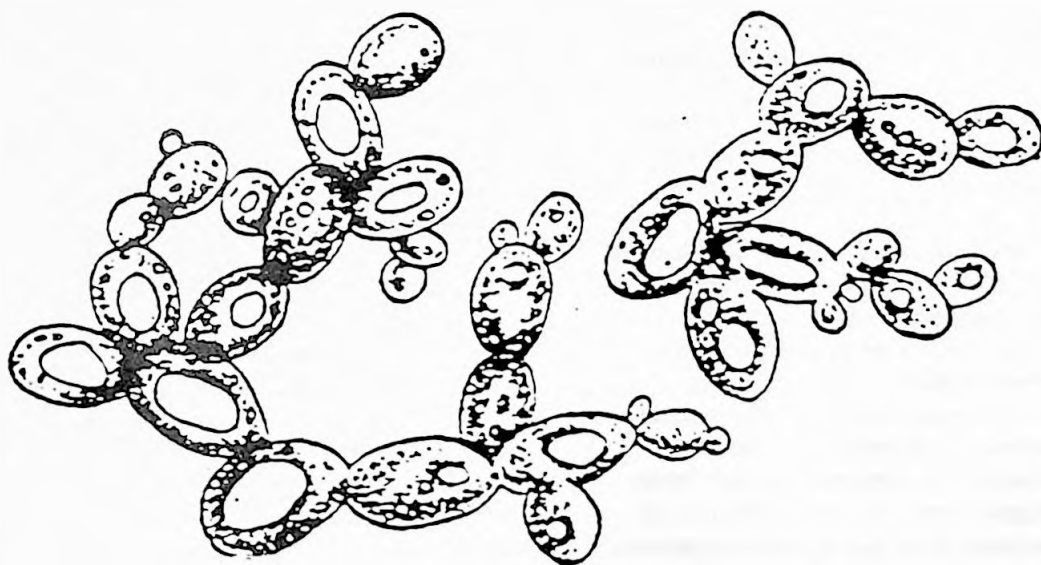
individual is often necessary.

A Basic Program might consist of:

- 1) Vitamin A (10,000 IU) with Vitamin D (400 IU) - Quinade
- 2) Vitamin B complex 50mg.
- 3) Vitamin C from tablets, capsules or crystals - 1 to 3 grams daily.
- 4) Vitamin E from capsules - 400IU for women and 800IU for men
- 5) A multiple trace mineral product
- 6) Calcium (1000mg/day) and Magnesium (500 -1000mg/day) - Dolomite (6 tablets daily) or Cal Mag
- 7) Evening Primrose oil - up to 8 daily Essential Fatty
- 8) Max EPA-up to 3 daily Acids

Alternatively: A Yeast Free Super Once A Day product taken 3 daily and supplemented with additional Vitamin C, E, Calcium, Magnesium, Evening Primrose Oil and Max EPA to round the program.

Always take vitamins and other nutritional supplements with food, unless otherwise directed, to improve absorption and avoid upset stomach. Urine may become yellow and more fragrant due to the excretion of B vitamins and their breakdown products. This is to be expected and is harmless.



Levure

Flagyl: A Harmful Drug?

The drug Flagyl contains metronidazole. As early as 1983, warnings were issued that metronidazole had caused cancer in test animals. Yet the drug has not been banned. Flagyl is prescribed for vaginal infections caused by trichomonas. Extreme care must be taken that Flagyl is used only when the infection is proven to be caused by trichomonas and not by the more common yeast infection. Even then it is questionable that the benefits outweigh the risks of using Flagyl.

From Women's Health Interaction, March 1987. ☐

Toxic chemicals and

"It is known that in situations of unethical actions and wrongdoing there are pathological processes and/or external factors influencing the function of the brain. Many people would be unable to commit transgressions without the influence of alcohol and drugs. A similar effect can be brought about by heavy metals such as lead and various chemicals occurring in our food, polluted air, contaminated water, workplace and homes. Various pathological phenomena such as poor human inter-relationships, aggressiveness, crime without motivation and terrorism have their roots in the malfunctioned brain

overloaded by toxins. Neurobehavioural toxicology proves that toxins in a very small dose can damage the human brain and cause a variety of behavioural and emotional symptoms such as hallucinations, confusion, depression, loss of memory and decreased intellectual function. We know that the human being is only able to maintain (its) integrity, identity and sovereignty as long as (its) psychological processes are energetically supported by the correct supply of nutrients. Intoxicated brain function becomes subclinically abnormal. When the battery of the calculator begins to weaken, the

calculator can perform only simple functions and fails with complicated ones. The polluted brain works by analogy in the same way. It can perform its basic functions of maintaining breathing, circulation, instinct of hunger and sex, but higher functions such as love, friendship or social responsibilities are distorted. So, one can propose that moral philosophy and ethics are ecologically conditioned, that (humans) in destroying the environment destroy themselves, and (their) fading sense of guilt leads to further destruction of (their) environment."

The above is an excerpt from an article of Dr. Krop which appeared in the Journal of Chemical Ecology last year. Dr. Krop read this very appropriate paragraph to the Ottawa audience that listened to his lecture on June 6, 1987.

Dr. Krop divided his talk into two parts. First, he discussed the toxic chemicals in our environment, how we get them, how they affect us and how they are diagnosed. The second part dealt with detoxification, how to get rid of these chemicals once we have them in our system.

The principal routes of exposure are inhalation of vapours and dust, ingestion from foods and water, and skin or direct contact with the chemicals.

Sources of toxic chemicals are varied. Many people get sick in their own homes. Major offenders are gas and oil heating systems, the chemicals to clean our house and synthetic carpets. The latter can gas off at least seventeen chemicals, many of which continue to be emitted for many years. Synthetic clothing, heated to body temperature, vaporize particles which we contact and breathe.

Another source of pollution is outdoors. Pesticide use has increased markedly. In the city, no single day goes by without the weedmen going around with their herbicides. The country is also contaminated and in

Reader's Corner

One of the questions we are often asked is what to do with a cold or an infection. Some are reluctant to go into antibiotics, particularly if Candida is already a problem.

There are some things that you can do to prevent the cold from progressing or to moderate its effects. These will work better if the cold is in the very early stages. **Note:** Each person is different and it is your responsibility to determine if you can tolerate these supplements. The supplements most helpful for colds are:

- 1) Bee Propolis (Jamieson brand)
- 2) Echinacea

Several forms of Echinacea are SISU EVC (contains Vit. C, A, zinc and echinacea), Echinacea tea (infusion from leaves), and echinacea tincture.

Bee propolis is a complex mixture of many compounds, gathered by the bees from the buds of conifers. It contains vitamins, minerals and an antibacterial substance which has been found effective against various strains of bacteria.

Echinacea is an herb that has been used for a long time and is known to have gentle antibiotic properties. Like

bee propolis, it works by raising the body's natural resistance to infections by stimulating the body's immune system.

Bee propolis or echinacea can be taken singly or in combination depending on the severity of the cold. It is essential that lactobacillus be taken at the same time.

Increased amounts of Vitamin C, Vitamin A and zinc will help during an infection, but make sure your body can take them. Since EVC has Vit. A, C, and zinc, compensate for the amounts already in EVC to ensure that you do not get toxic levels of Vitamin A.

If within a day or two, the cold does not appear to be controlled, consult your physician. It is your own responsibility when you take any of these supplements.

A word of warning: Some people have stores of bacteria or viruses in their bodies (old, accumulated with time). Excess amounts of bee propolis or echinacea or taking them longer than you need to can stimulate the body to release the old toxins and create whole new symptoms. □

detoxification

looking for houses, orchards and golf courses have to be avoided.

Many chemical contaminants are from normal, everyday foods we eat. The chemicals are not limited to junk foods, although these have higher amounts of preservatives, colours and flavours. Regularly eaten foods which 99.9% of the population get from grocery stores are the biggest source of pesticide contamination. Organic foods are not pure foods - they are less chemically contaminated.

Water is contaminated. There are approximately 250 chemicals in the water (Toronto water).

Prescribed drugs are another source of toxins. Dr. Krop refers to pharmaceutical salespeople as legal drug dealers or pushers.

Heavy metals such as lead, mercury, cadmium, aluminum, and arsenic can originate from different sources. Lead can be found in soil, air or water and can come from leaded gas, household industries or from the earth's crust. The heavy metals can go through the placenta and can injure the fetus.

A new field of medicine, neurobehavioural toxicology, has developed a method and proves in animals and humans that the first effect of toxic chemicals is psychological or neurological. This branch of medicine has not spread yet, but as it becomes more known it should make us more careful of chemicals.

No organ of the body is spared from chemical contamination. The reproductive, immunological, neurological, hematopoietic, circulatory and dermal organs are all affected. Perhaps the most important effects of the chemicals is that the genetic damage when children are exposed to chemicals in their gonads can be passed on from one generation to another.

Various factors influence one's susceptibility: genetic, nutritional state, total body burden, biological activity of certain chemicals as well as number and duration of exposure. Some

people can detoxify better than others.

A detailed presentation of different groups of toxic chemicals - volatile substances, chlorinated pesticides, organophosphates, pentachlorophenol (wood preservative), PCB's, phenoxyacetic acid herbicides - and their health effects on humans followed. Clinical studies by Dr. A. Laseter showed the distribution of different pesticides on 200 environmentally sensitive patients. 26% of patients were found to have at least 3 pesticides in their bodies. 11% have 5 pesticides. Testing was done for only a limited number of chemicals.

Toxins in a very small dose can damage the human brain.

In the second part of the lecture on detoxification, Dr. Krop justified basic procedures used in clinical ecology. Cleaning up the home and removing offenders, eating less contaminated foods, roation diet, drinking safe water are preventive measures against further exposures. The strongest argument for these preventive measures is that nobody has gotten sick or sicker from drinking clean water, eating clean food and breathing clean air. There is no miracle cure, however, and lifestyle changes have to be implemented. The most interesting part of the lecture was the sauna method that Dr. Krop has used for a few years. Patients are encouraged to do exercises for 20 to 30 minutes to stimulate the circulation before the sweating. Chemicals are eliminated through the sebaceous (sweat) glands. It has been estimated that 70% of the chemicals can be removed through the sweat glands. During the sweating process, minerals vital to body function such as

sodium, pottassium, calcium and magnesium have to be replenished. Vitamin supplementation is also extremely important.

Three supplements play a particular role. Niacin, which gives hot flushes, dilates vessels. The dose has to be carefully regulated. Polyunsaturated oils help eliminate through the gastrointestinal tract. The third is Vitamin C, 3 to 10 g. orally.

There are contraindications to the sauna method. Those on heart medications, or those with severe iron deficiency anemia cannot use this detoxification method. This method also is not tolerated by all. Even young patients cannot take it, as some of these patients cannot tolerate any supplements.

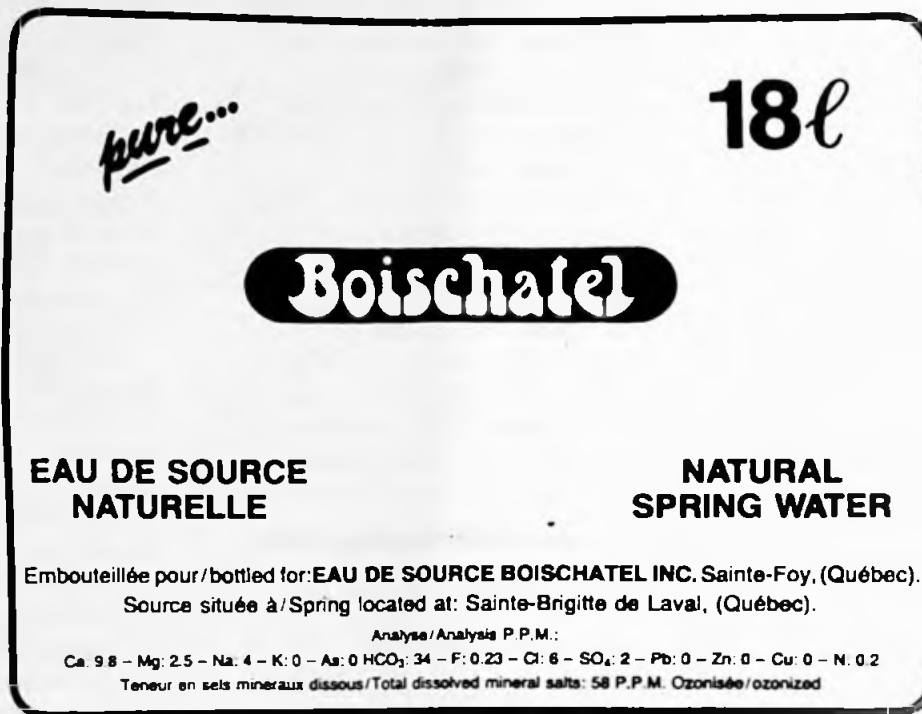
Case studies were described. In each patient, several chemicals in the blood were monitored before, during the sauna therapy and at the end. What is interesting is that often, new pesticides appear in the course of the therapy, increase in concentration then decrease. Increase in levels is indicative of release of the chemicals stored in the fat and tissues. In cases where the sauna method was not tolerated, vitamin C infusions proved to be helpful. Symptoms were relieved or improved and generally patients recovered.

Dr. Krop cautioned the audience NOT to do the sauna therapy by themselves, that medical supervision is very important. Adverse effects, even death, can occur without medical guidance.

Overall, the lecture was very interesting and informative and we are grateful to Dr. Krop for sharing his knowledge and experience with us. □



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Profile

CO-EDITOR, Eco-Sense

This is another in our series of executive committee positions which we will be profiling in each issue. One of the positions of co-editor is vacant and, as it is a big job, Judy Benson needs some help from one or more members who would like to gain experience in putting together a newsletter.

Position Description

- * Receive information for inclusion in the newsletter (by mail or telephone);
- * Proof-read, edit, write and type articles, ads, etc.;
- * Prepare information (preferably on a computer or wordprocessor) for the layout and design person;
- * arrange to share a draft of the newsletter with 2 other Executive members prior to final layout;
- * Negotiate economical rates with commercial printers;
- * Monitor closely the printing job of the printer;
- * Deliver newsletter copy to the printer, pick up copies printed and arrange payment;
- * Review with 2 other Executive members requests by businesses for inclusion of advertisements;
- * Negotiate advertising rates with businesses, prepare invoices and collect payment;
- * Establish with the Executive sales rates for public distribution of the newsletter;
- * Monitor escalating costs of production and advise the Executive accordingly;
- * Liaise closely with volunteers responsible for layout, editing, mailing label generation and mailing;
- * Deliver payments to and request payment from the HEF Treasurer.

The ideal person will have reliable access to a word processor or computer, have a car and be flexible. Anyone interested in just 2 or 3 of the duties is welcome. Many hands make light work!

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